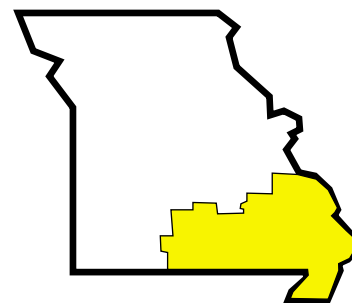


# Missouri Department of Health 1998 Behavioral Risk Factor Surveillance System



## *Regional Data Summary: Southeast Region*

**A**lthough 85% of Missourians perceive themselves to be in good to excellent health, Missouri ranks above US rates for the leading causes of death—heart disease, cancer, stroke, and chronic lung disease (emphysema). Research shows that most of these diseases are related to personal health behaviors. Smoking, a diet high in fat and low in

fruits and vegetables, obesity and sedentary life-style are the major contributors to poor health—yet these behaviors can be changed to improve one's well being.

In 1985, the Missouri Department of Health, in collaboration with the US Centers for Disease Control and Prevention, began to gather information about these and other health

behaviors and practices among Missourians through the Behavioral Risk Factor Surveillance System (BRFSS).

This report contains the results of the 1998 survey for the state and six regions. The good news is that regional data are similar to that of Missouri as a whole. The bad news is that Missouri is often among the leading states for the

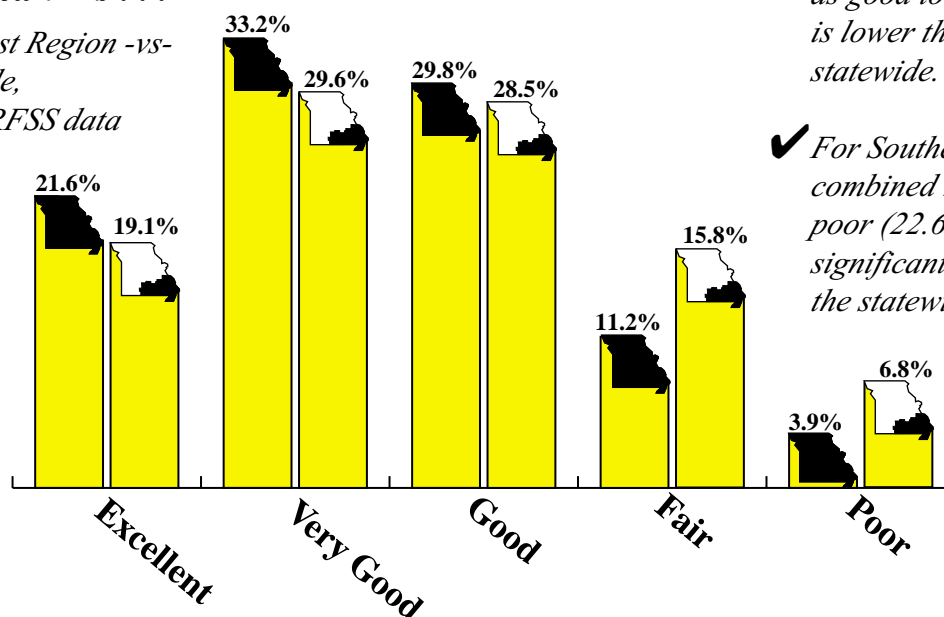
percentage of persons who smoke or are obese, among other unhealthy behaviors.

Therefore, although Missourians may “feel good,” their high rates of unhealthy life-style behaviors as well as premature deaths (before age 75) due to chronic diseases indicate that Missourians need to adopt healthier ways of living.

## Perception of “Own Health”

### Would you say that in general your health is . . .

*Southeast Region -vs-  
statewide,  
1998 BRFSS data*



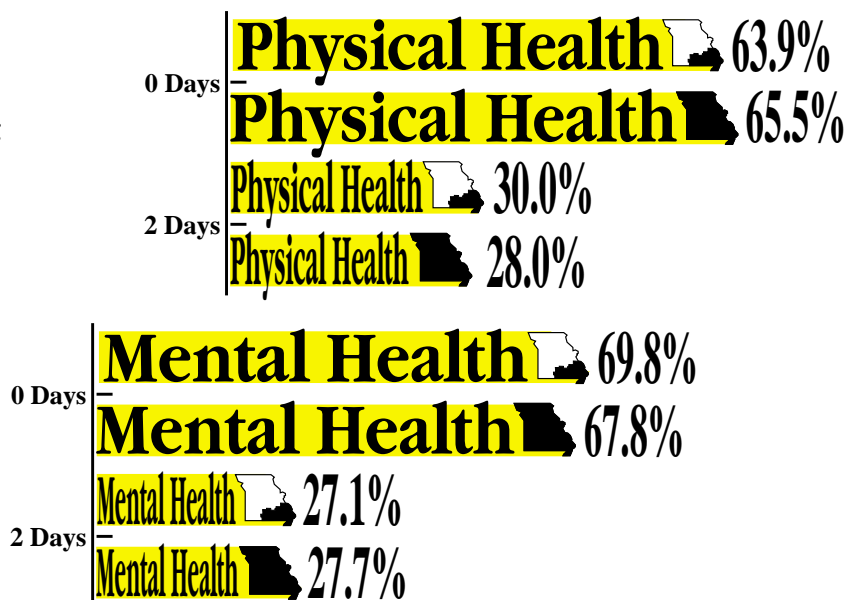
✓ 77.2% of Southeast Region residents rate their health as good to excellent, which is lower than results statewide.

✓ For Southeast residents, the combined rate of fair to poor (22.6%) is significantly greater than the statewide rate of 15.1%.

- ✓ 64.3% of Missouri residents statewide and 44.5% of Southeast Region residents said there were no days in the previous month when they were limited in their usual activities.
- ✓ On the question of how many days was your physical or mental health not good, the results also were similar to those statewide.

### How many days in the last month was your health not good . . .

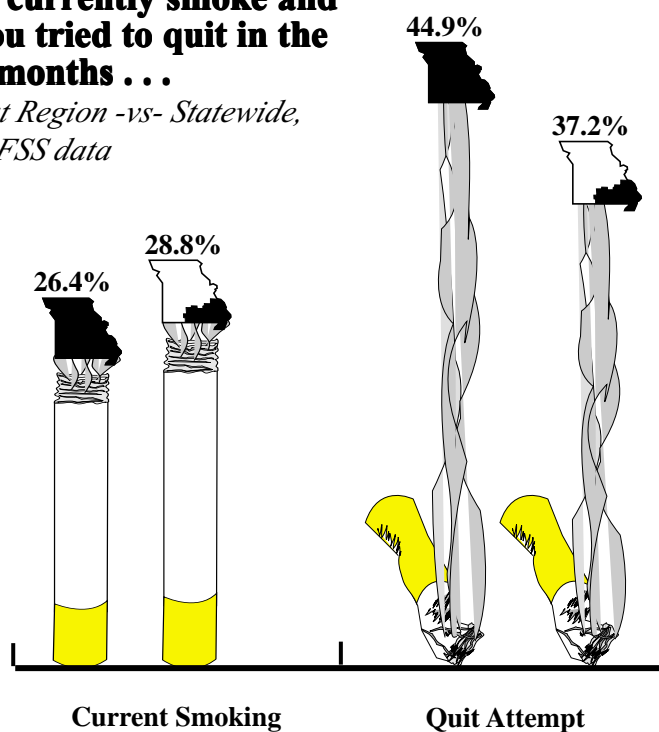
Southeast Region -vs- Statewide,  
1998 BRFSS data



## Tobacco Use

### Do you currently smoke and have you tried to quit in the last 12 months . . .

Southeast Region -vs- Statewide,  
1998 BRFSS data



- ✓ Southeast Region residents smoke at a rate that is greater than the average for residents statewide and try to quit at a lesser rate.

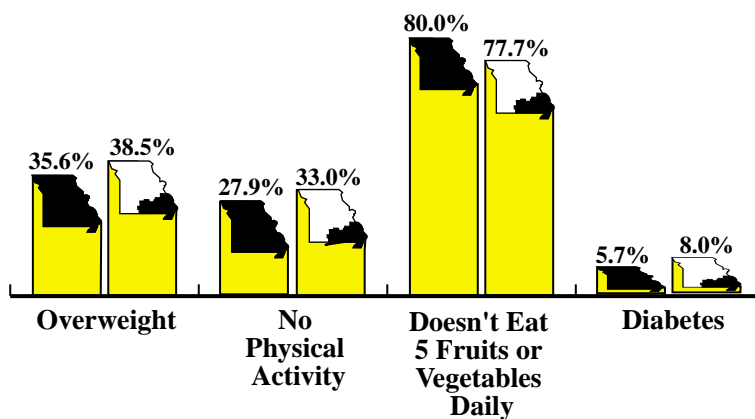
## Cardiovascular Disease Risk Reduction

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- ✓ 63.3% of Southeast Region residents are eating fewer high fat or high cholesterol foods to lower the risk of heart disease and stroke, while 47.3% say they exercise more.
- ✓ 29.7% of Southeast Region adults took aspirin daily or every other day.
- ✓ 4.0% report that they have had a heart attack and 2.9% have had a stroke.

### Overweight, Physical Activity, Diet, and Diabetes . . .

*Southeast Region -vs- Statewide, 1998 BRFSS data*



- ✓ Among Southeast Region residents, 38.5% are overweight.
- ✓ Physical activity data reveal that 33.0% do not get any exercise at all, while only 27.8% exercise regularly.
- ✓ 30.5% eat green salad 3-6 times a week, and 37.2% drink juice daily. However, 77.7% of Southeast Region residents do not eat at least 5 servings of fruits and vegetables daily.
- ✓ 8.0% have been told by a doctor that they have diabetes.

## HIV/AIDS

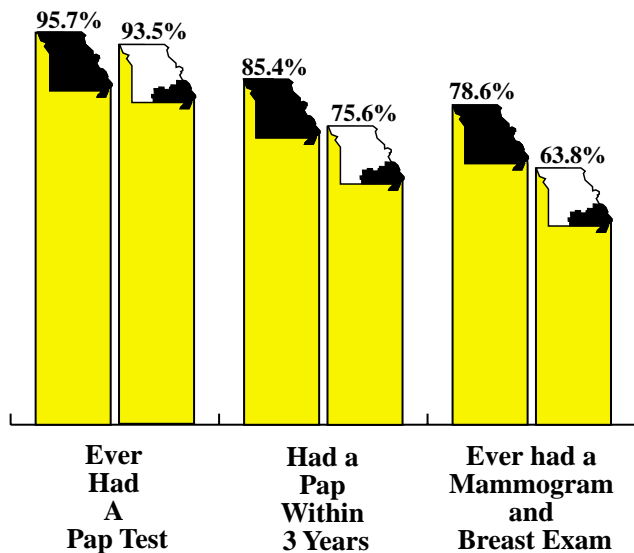
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- ✓ 31.2% of Southeast Region adults have been tested for HIV, while 6.2% consider themselves at medium to high risk of getting infected.
- ✓ 45.6% support HIV/AIDS education in 4th to 6th grades.
- ✓ 88.0% would advise a sexually active teenager to use a condom.

## Women's Health

### Pap, Mammogram, Breast Examination, how frequent? . . .

*Southeast Region -vs- Statewide,  
1998 BRFSS data*



- ✓ *Southeast Region women are about as likely as all Missouri residents to have ever had a Pap test, but significantly less likely than women statewide to have had one in the last three years.*
- ✓ *Southeast Region women are significantly less likely than women statewide to have ever had a Mammogram and Clinical Breast Exam (CBE).*
- ✓ *Women of the Southeast Region age 50 or greater were less likely to have had a Pap smear within the last three years than women statewide (52.7% -vs- 68.4%) and significantly less likely to have had Mammogram and CBE (48.4% -vs- 66.6%) within the last two years.*

## Health Care Access/Utilization

- ✓ *During the past year, 59.6% of Southeast Region residents visited the doctor for a routine check-up, compared to 68.8% statewide.*
- ✓ *18.8% of Southeast Region residents do not have some kind of health care coverage, which is significantly higher than the statewide rate of 13.0%.*

### About the Behavioral Risk Factor Surveillance System(BRFSS)

The Missouri Department of Health (MDOH) conducts ongoing surveillance with the assistance of the US Centers for Disease Control and Prevention (CDC). MDOH staff randomly call about 4,200 Missourians during the year and request participation in the BRFSS. Interviewers ask questions related to health behaviors, screening, quality of life, mental health, impairment and access to health care and insurance.

For more information about any of these health topics or about the Behavioral Risk Factor Surveillance System, contact the public health department in your county. Additional information is available from the Missouri Department of Health, Division of Chronic Disease Prevention and Health Promotion at (573)522-2800.

### Counties of the Southeast Region:

Bollinger, Butler, Cape Girardeau, Carter, Douglas, Dunklin, Howell, Iron, Madison, Mississippi, New Madrid, Oregon, Ozark, Pemiscot, Perry, Reynolds, Ripley, Ste. Genevieve, St. Francois, Scott, Shannon, Stoddard, Texas, Wayne, Wright